

Fruits and Vegetables



Be the Role Model Your Kids Look Up To



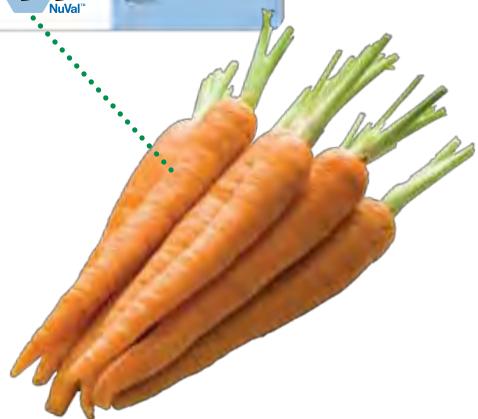
Kids follow the leader everyday when it comes to eating – so the best way to get them to eat more fruits and vegetables is to eat them yourself. Start by having the produce you love always on hand and ready to eat. This makes it easy for kids to grab fresh fruit and vegetables for a snack or part of a meal.

Why eat fruits and vegetables? They're like nature's multivitamin, providing the body with nutrients it needs to grow strong and stay healthy, like potassium, folate, and vitamin C. They also provide fiber which can help hold you over until the next meal. Every color has a different set of vitamins and minerals, so be sure to eat a rainbow of colors!

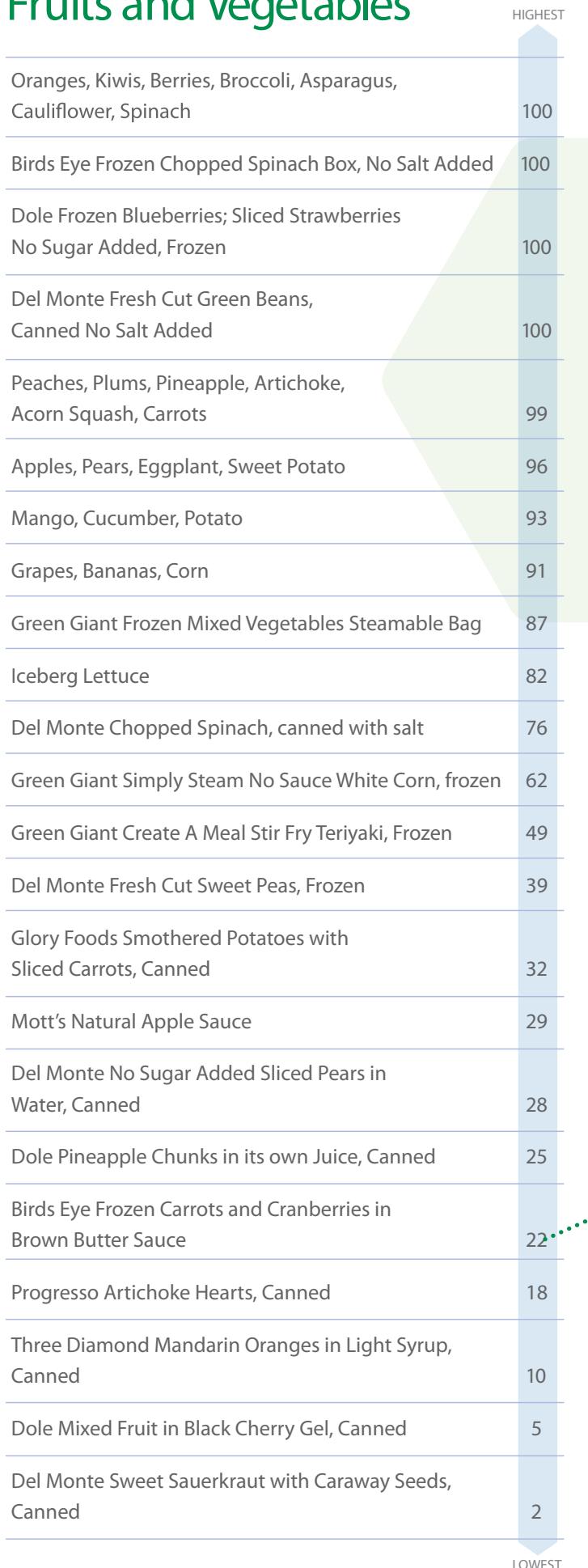
The NuVal System is a great tool that, quickly and easily, guides you to the most nutritious foods. Foods are scored from 1 to 100, the higher the score, the higher the nutrition. Just look to trade up for health with higher scoring foods. It's that simple.

It's easy to score high with fresh, frozen, or canned fruits and vegetables – especially when there is no added salt, sugar, or fat.

Visit www.nuval.com to find a store near you with NuVal scores.



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TIPS

Frozen and canned fruits and vegetables can be just as nutritious as fresh – and can help save money. If you can't find the score, simply look at the ingredients list and avoid foods with added salt, fat, and sugar.

Children who help prepare a meal are more likely to eat and enjoy it as well!

When fruits and vegetables are always in sight, kids will choose them more often as snacks.

Kids love to interact with food – so make it fun for them to eat! Let them dip cut vegetables in a high scoring hummus or salsa; and cut fruit in light, low fat yogurt.

Have the family try one new high-scoring fruit or vegetable every week. Conduct a taste test!



Looking for more scores?
Visit www.nuval.com to find a list of stores near you with NuVal.

